

Whey

What is Whey: Whey is milk when the fats and solids have been pulled out. (the fats and solids are now your cheese)

Whey is mostly water but it also contains lactose (milk sugar)

The most valuable ingredient in whey is the whey protein.

There are 2 types of whey

Acid Whey

The whey resulting when an acid like vinegar or lemon juice is added to aid in the curdling process.

Sweet Whey:

The whey resulting from cheese that is cultured or curdled with rennet. Used in the making of hard cheeses.

Uses for Whey

1. Substitute in any baking recipe calling for water or milk
2. Use whey to cook pasta, potatoes, oatmeal or rice.
3. Add whey to soups and stews in place of stock
4. Use in homemade fruit smoothies
5. Feed it to your dog or farm animals.
6. Put it in your compost bin
7. Add some spices and use it to marinade your meat
8. Spray it on plants that are affected by mildew. The acidity in the whey will discourage the mildew.
9. Bathe in it. It is said to soften you skin.